

Is Your Toddler Ready for a Big Kid Bed?

Assessment Checklist

From Jen, Pediatric Nurse Practitioner | JustAskJenNP.com

TODDLER BED READINESS ASSESSMENT

Child's Name: _____ Date: _____ Age: ____ months

IMMEDIATE SAFETY CONCERNS (Action Needed NOW)

Check any that apply:

- My toddler is climbing out of the crib
- My toddler has fallen or nearly fallen while climbing out
- When standing, the crib rail is at or below my toddler's chest
- My toddler is approximately 35 inches tall or taller

If you checked **ANY** of these boxes, it's time to transition for safety reasons.

DEVELOPMENTAL READINESS SIGNS

Check all that apply:

- My toddler can follow simple 1-2 step instructions (e.g., "get your shoes and bring them here")
- My toddler shows interest in big kid beds (talks about them, points them out)
- My toddler asks to sleep in a "big bed like mommy/daddy"
- We are currently potty training or plan to start soon
- My toddler can communicate basic needs verbally or through gestures
- My toddler stays relatively calm during bedtime routine
- My toddler understands the concept of "bedtime" and "sleep time"

FAMILY READINESS FACTORS

Check all that apply:

- A new baby is coming (transition 6-8 weeks before due date)
- We need the crib for another child
- Our toddler has outgrown the crib weight/height limit (check manufacturer specs)
- We feel emotionally ready for this transition
- We have 2-4 weeks to dedicate to consistent sleep routines
- Our family schedule is relatively stable right now (no major changes/travel)

YOUR READINESS SCORE

Count your checkmarks:

Immediate Safety Concerns: _____ (If 1 or more, transition now)

Developmental Readiness: _____ out of 7

- 5-7 checked: Developmentally ready!
- 3-4 checked: Likely ready, but may need extra support
- 0-2 checked: Consider waiting if no safety concerns

Family Readiness: _____ out of 6

- 4-6 checked: Good timing for your family
- 2-3 checked: May want to wait for better timing
- 0-1 checked: Consider delaying if possible

MY DECISION

Based on this assessment:

We're ready to transition NOW (safety or readiness)

We'll plan to transition in: _____ (timeline)

We're going to wait and reassess in: _____ weeks/months

NOTES & CONCERNS

Use this space to write any questions or concerns to discuss with your pediatrician:

NEXT STEPS

Ready to transition? Watch my complete "How to Transition" video for step-by-step guidance!

Still have questions? Download my companion checklist: "Complete Toddler Bed Transition Guide"

Need personalized help? Consider consulting with:

- Your pediatrician
- A certified pediatric sleep consultant

Remember: You know your child best. Trust your instincts, prioritize safety, and give yourself grace during this transition!

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